WINNIPEG metro®

NEWS WORTH SHARING.

mbjobs.ca
Job Opportunities that Click

SEARCH FOR SUCCESS!

- Not government affiliated
- Jobs in all industries
- Updated daily with new careers
- Full-time, part-time, seasonal & student

mbjobs.ca has tons of local careers

scan & go to mbjobs.ca

Find us online for your chance to win awesome monthly prizes

Matrix Meridian Dual Flush
3.5 or 6.0 Flush,
Special Price $299.99
Less credit $(60.00)*
$239.99 INSTALLED

Included New Wax Seal, New Flex Line, New Flange Bolts. rebate: is a City of Winnipeg Rebate Program. Customer is responsible for recapture of rebate monies, in conjuntion with City of Winnipeg Rebate Regulations.

This offer does not include any repair or replacement to existing floor flange or rotting flooring and cannot guarantee new toilet matching existing bathroom flooring. Call for details.

ONTIME Electric · Plumbing · Heat & Air
635 Ferry Rd.
www.ontimegroup.ca
It's time to call 204-774-1474

TRAINSPOTTING, 20 YEARS LATER

DIRECTOR PLANS SEQUEL TO '90S FILM ABOUT DRUG CULTURE IN SCOTLAND, BUT CAN HE GET THE ORIGINAL CAST ON BOARD? PAGE 8

ROCKIN' A BIT O' THE GREEN

Alan Doyle and the boys from Great Big Sea celebrated St. Patrick's Day with just over 4,000 very jolly Winnipeggers at the MTS Centre Sunday night. The band from Newfoundland and Labrador brought their energetic brand of Canadian folk-rock through Winnipeg as part of their North American tour marking the band's 20th anniversary. SHANE GIBSON/METRO

Faith leaders take on anti-bullying bill

Bill 18. Gay-straight alliances in school shouldn't be forced, leaders say

More religious leaders have joined opposition to Manitoba's proposed anti-bullying law, saying religious schools must not be forced to accommodate groups that promote equality for gays and lesbians.

"Orthodox Judaism believes in the sanctity of the Bible that rejects homosexuality, as do other great religions," reads a letter to Premier Greg Selinger by Rabbi Avrohom Altein of Winnipeg.

"It would be the height of intolerance to ban a religious group from teaching and practising as it believes."

Bill 18 is aimed at preventing bullying in schools and promoting equality based on gender, race, sexual orientation and other factors. A section that would require schools to allow gay-straight alliance groups if students wished to establish them has drawn the most criticism.

Altein's letter was released Friday by Conservative MP Rod Bruinooge, along with letters from Muslim, Sikh and Coptic leaders.

However, some pastors and ministers have publicly stated they support the bill.

Education Minister Nancy Allan said Friday she will not back down.

Allan said a gay-straight alliance is simply a venue in which students can share their feelings and get support.

"You're just providing a space for young people to talk."

A letter from Ismael Mukhtar, president of the Manitoba Islamic Association, said Bill 18 "infringes on our constitutionally protected right of freedom of religion."

The debate over the bill will come to a head in the spring, when a legislature committee holds public hearings on the legislation. THE CANADIAN PRESS

Quoted

"It would be the height of intolerance to ban a religious group from teaching and practising as it believes."

Rabbi Avrohom Altein of Winnipeg in a letter to Premier Greg Selinger.

FORD CHEVROLET DODGE GMC CHRYSLER KIA TOYOTA CADILLAC

Apply online @ AutoMallFinance.com 1-877-796-0505

NEW & USED
GUARANTEED APPROVAL ALL LEVELS OF CREDIT

NEED A CAR NEED FINANCING
NEED A GREAT DEAL
100'S OF VEHICLES AT SALE PRICES!

What's your trade worth? Check it now @ AutoMallFinance.com

VANS STARTING@$89 B/W
CARS STARTING@$69 B/W
TRUCKS STARTING@$119 B/W
SUV'S STARTING@$99 B/W

IF YOU CALLED US YESTERDAY, YOU WOULD BE DRIVING TODAY!
AUTO MALL FINANCE 1000-1717 WAVERLEY ST. WINNIPEG, MB

Heart-pumping power and budget-calming fuel efficiency.
It's perfect for Prairie people who want it all.

CAMRY

STAR SAFETY SYSTEM

Most fuel-efficient passenger car fleet in Canada.

2012 CLEARANCE

50 MPG

2012 CAMRY LE

4 Door, 4cyl., Automatic

$22,998

TOYOTA RED TAG DAYS

Price plus PST & GST only, Cash Deal. Rebate to Dealer. Model BF1FLT AA. Dlr.#4456.

FRONTIER TOYOTA

1486 Regent Ave. W.
(204) 944-6600
frontiertoyota.ca

NEWS

Crime. Customer stabbed during robbery: Police

Winnipeg police are on the hunt for suspects in a violent robbery at a North Kildonan restaurant that saw a man sent to hospital in critical condition.

The 38-year-old man's condition was upgraded to stable by Friday morning.

Police said the incident took place at about 2 a.m. on Friday, when officers were called to Jeffrey's Restaurant on Henderson Highway, just south of the Chief Peguis Trail.

Three or four suspects went into the restaurant and demanded money, getting an undisclosed amount.

During the robbery, police said a fight broke out between one or more of the suspects and the 38-year-old patron, who was stabbed.

The suspects then fled.

A man believed to be one of the owners of the restaurant told reporters on the scene on Friday that the stabbing victim was a regular at the restaurant.

He also said he doesn't know when the restaurant will reopen, adding that it depends on the police investigation.

Police said there are no suspect descriptions at this time and the investigation is in the early stages.

Anyone with information is asked to contact police at 204-986-6219 or Crime Stoppers at 204-786-TIPS (8477).

BERNICE PONTANILLA/METRO

No one hurt in Westminster blaze

Firefighters douse an apartment-block fire on Sunday at 641-645 Westminster Ave. The blaze started shortly after 6 a.m., and residents kept warm in a Winnipeg Transit bus while police blocked traffic between Furby and Langside streets until about 11 a.m. The cause and damage estimate were not known. A resident said the fire started in the basement. SHANE GIBSON/METRO

Snow day. Southern Manitoba could see late-winter blizzard

O, joyous Mother Nature!

Winnipeg and pretty much the entire southern portion of the province were under a winter-storm warning for most of Sunday, which brought higher winds, annoyingly cold temperatures at -25 C with the wind chill on Sunday morning, and a high of -10 C.

The snow hit on Sunday afternoon and Winnipeg was expected to see an accumulation of five to 10 centimetres.

But that's nothing compared to the forecast for Monday, which could see a blizzard shut down most of southern Manitoba by the afternoon.

While snowfalls weren't expected to be massive, the winds could reach up to 60 kilometres an hour. Highs are expected to reach -9 C on Monday.

Hang in there, Winnipeg, the warm weather is coming … sometime around Friday.

METRO

Local boy is top of the chops

'It's awesome'. Six-year-old earns black belt in less than three years

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A young Maples boy made history on Saturday at his taekwondo school as the youngest to earn the equivalent of a black belt.

Six-year-old Anthony Contreras said he wasn't nervous, just excited, when he took the black-belt test at Choi's Taekwondo School in Garden City Shopping Centre.

"It's awesome," a smiling Anthony said on Friday at Choi's, adding his friends at school find it "cool" that he does martial arts.

The Grade 1 student at Constable Edward Finney School said he likes to do his patterns, which are movements done in a specific order, and enjoys doing roundhouse kicks.

Beth Contreras, Anthony's mother, said she enrolled her son at Choi's when he was four years old.

"He got right into it, listened to the teachers, he was actually quite attentive for a little four-year-old. He really wanted to get higher into the colours."

Master Chang Beck Choi said Anthony has a natural athleticism and an ability to focus.

"He's very good at listening. Also, he's very good watching. He tries when I give orders. He has a very good attitude," Choi said.

He said for dedicated taekwondo students, it can take three years to a decade to earn a black belt. For students under 16 who get through the belts, they get a "poom" or a junior black belt.

Anthony earned his poom in two years and eight months.

Anthony Contreras, 6, is the youngest student at Choi's Taekwondo School to go for his black-belt test. BERNICE PONTANILLA/METRO

METRO MONDAY madness
HEY, WINNIPEG!
Present THIS coupon on Mondays at all participating Sals for your free* Mr. Big Nip!
*with purchase of fries
metro
SALISBURY HOUSE
1931-2011
80 YEARS
SALS XPRESS
FREE*
MR. BIG NIP
*with purchase of fries
Coupon valid only on Mondays at all participating Sals Xpress and Family Restaurant locations. Not valid with any other coupon or special offer. Expires: April 29/2013. Coupon #535.
Sals – Your House, Your Food, Your Way
salisburyhouse.ca

WHAT'S GOOD? THE LACK OF BOUNTY IN MY BROKEN-INTO CAR

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

This space is supposed to highlight things that are inherently "good," so writing about having your vehicle broken into may seem a tad off topic. It's actually not if you choose to find the funny in almost everything.

I work downtown. Sooner or later, especially if you work odd hours, you're going to have your vehicle broken into. It's a bit of pain, but it's not the worst thing in the world. What is the worst thing in the world is the lack of bounty breaking into my vehicle provided.

The person or people who broke into my car last week took a bunch of coins that were sitting in the cup holder. Those coins have been in there since I emptied my pockets last summer upon returning from Ukraine. That's right, you stole a bunch of hryvnia. Ukrainian money. Total value, roughly 13 cents. There are very few places in this town that accept Ukrainian currency, and by that I mean none.

The crooks also made off with a T-shirt. A Spice Girls t-shirt. With the sleeves cut off. Why do I own a Spice Girls T-shirt with cut off sleeves? Great question, but the problem is now no longer mine. Good luck wearing that thing.

Finally, the thieves are now the proud owners of the least popular phone in history. It's a BlackBerry. I don't know what it was called, but I distinctly remember being embarrassed every time I pulled it out in public. Even at the height of BlackBerry's popularity, I never saw someone else with one. Just me. It's been in my glove box for years, and now it has been jacked, yet somehow this feels like a win. So, person who broke into my vehicle ... I ain't mad at ya ... we're probably about even.

ACE BURPEE IS A LOCAL RADIO HOST, PRODUCER, WRITER AND SUPPORTER OF ALL THINGS GOOD

Irish eyes were smiling at parade

Winnipeggers donned their best green-and-white outfits for the second annual St. Patrick's Day parade on Saturday. The parade started at The Forks before heading downtown. HOWARD WONG/FOR METRO

$500,000. Ottawa funds new research at U of M

The University of Manitoba has added a new Canada Research Chair following a federal government announcement of $4.8 million in funding for research chairs in Manitoba.

Dr. Salah Mahmud, an assistant professor in the department of community health sciences, has been appointed Canada Research Chair (CRC) in Pharmacoepidemiology and Vaccine Evaluation.

His research, which will receive $500,000 over five years, involves finding ways to reduce the risk of developing and dying from common cancers by studying the impact of widely used medications, like Aspirin and anti-depressants, in the prevention of cancers such as prostate, colon and cervical. Canada's Public Safety Minister Vic Toews, made the funding announcement at the U of M's Bannatyne campus on Friday. **BERNICE PONTANILLA/METRO**

VISIT clubmetro.com TO ENTER

WIN 1 OF 5 $500

SHOP.CA SHOPPING SPREES
SIGN-UP TODAY FOR YOUR CHANCE TO

SHOP HAPPY at Canada's biggest store, with millions of products and thousands of brands. Get everything you need from 26 categories like home appliances, furniture, electronics, clothing, shoes, travel and MORE!

VISIT CLUBMETRO.COM TO ENTER

SHOP • CA™

SHOP & EARN, EVERY TIME!™

WWW.SHOP.CA

Shop Happy Canada! | Free Shipping on millions of products | Free Returns 365 days a year | No Duty or Tariffs

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of Eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Five (5) $500 bonus rewards prizes are available to be won. Contest closes March 21st, 2013 at 11.59PM (EST). To enter and for complete contest rules visit www.clubmetro.com

Winnipeg Transit
EVERY TUESDAY IS TRANSIT TUESDAY
Read Transit Tuesday in Metro.
Featuring the latest from Winnipeg transit – including transit news, commuter tips and cool promotions - and much more!
metro
News worth sharing.

5 men confess

Swiss woman gang-raped in India

Police said they arrested five men Sunday in connection with the gang rape of a Swiss woman who was attacked in central India while on a cycling vacation with her husband.

All five men admitted to the attack, which occurred Friday night as the woman and her husband camped out in a forest in Datia district of Madhya Pradesh state. THE ASSOCIATED PRESS

Keystone XL

Pipeline ad runs in New York Times

The Alberta government, continuing to press its case for the Keystone XL pipeline, took out an ad in Sunday's New York Times newspaper, tying the controversial project to core American values and to U.S. pride in its military.

The half-page ad was headlined "Keystone XL: The Choice of Reason." THE CANADIAN PRESS

Will and Kate salute St. Paddy

Prince William and Catherine, Duchess of Cambridge, attend a St. Patrick's Day parade by the 1st Battalion Irish Guards on Sunday in Aldershot, England. The Duchess of Cambridge said Sunday that she doesn't know the sex of her first child — but she hopes it's a boy. Her husband Prince William, however, would prefer a girl. PHOTO: GETTY IMAGES, TEXT: THE ASSOCIATED PRESS

Prisoners escape after climbing up a rope into chopper

Freedom, short-lived.
Quebec investigators arrest inmates just hours after they flew the coop

A dramatic daylight jailbreak involving two Quebec inmates climbing a rope into a hovering helicopter swiftly escalated into a large police operation on Sunday that saw both men tracked down hours after they fled.

Just before 8:30 p.m. E.T., police confirmed they had arrested Benjamin Hudon-Barbeau and two other suspects.

An hour later, police said they had located the second escapee, Danny Provencal, and had set up a perimeter around the area where he was found.

Much of the action took place in Chertsey, Que., located about 50 kilometres north of the jail in Saint-Jerome from where the inmates made their brazen escape.

"We have a lot of officers working on the site," said provincial police spokesman Benoit Richard.

Police wouldn't give any details about how the arrests were made or about the charges facing those who were arrested.

"They are all being transported to the nearest police station to be questioned by the investigators," Richard said of those in custody.

"They will be due in court tomorrow morning."

Officers had blocked off the main road in Chertsey, not far from the village of St-Marguerite, and were pulling over cars Sunday night.

Earlier on Sunday, authorities had said 36-year-old Hudon-Barbeau and 33-year-old Provencal had broken out of the jail by clambering up a rope into a waiting helicopter.

"The suspects just took the rope in their hands and started fleeing," Richard recalled the jail's warden saying.

Police tracked down the helicopter about 85 kilometres away in Mont-Tremblant, and the pilot was still at the scene. THE CANADIAN PRESS

Caller into radio station

"The way they're treating me in there, it's unreal."

A caller into Montreal radio station 98.5 FM who claimed he was Benjamin Hudon-Barbeau, one of the escapees

High school football players break down during rape verdict

Two members of a high school football team were found guilty Sunday of raping a drunken 16-year-old girl in a case that bitterly divided this Ohio city and led to accusations of a cover-up to protect the community's athletes.

Steubenville High School students Trent Mays and Ma'Lik Richmond were sentenced to at least a year in juvenile jail, capping a case that came to light via a barrage of morning-after text messages, social media posts and online photos and video that drew global attention. Mays was sentenced to an additional year in jail on a charge of illegal use of a minor in nudity-oriented material, to be served after his rape sentence is completed.

The two teens broke down in tears after the verdict was read and later apologized to the victim. Both were emotional as they spoke, and Richmond began sobbing so heavily that he bent over and had to be helped back to his seat. Richmond's father, Nathaniel, also asked that the victim's family "forgive Ma'Lik and Trent for the pain they put you through."

Mays, 17, and Richmond, 16, were charged with assaulting the West Virginia girl, first in the back seat of a moving car after an alcohol-fuelled party on Aug. 11, and then in a house basement. THE ASSOCIATED PRESS

Ma'Lik Richmond, 16, left, and Trent Mays, 17, were sentenced Sunday in an Ohio juvenile court to serve time in jail for raping a girl. KEITH SRAKOCIC/THE ASSOCIATED PRESS

Worry-Free Approval
Just a few simple steps, and you're approved with no credit check.

Worry-Free Pricing
Choose a payment plan with no long-term contract. If needed, return your item and owe nothing more – then restart whenever you want.**

Worry-Free Delivery, Set-up and Service**
We take care of it at no extra charge!

Rest & Relaxation SALE

GET THIS 7-PIECE GROUP FOR $24.99 Per Week
Number of Payments: 91

ASHLEY
SET INCLUDES SOFA, LOVESEAT, COCKTAIL TABLE, 2 END TABLES AND 2 LAMPS
Accessories not included

Winnipeg
#9 - 2188 McPhillips Street
(204) 633-0542

Winnipeg
1330 Unit A, Ellice Ave.
(204) 779-3531

Winnipeg
1615 Regent Ave., W Ste. 710
(204) 661-2322

APPLIANCES • ELECTRONICS • COMPUTERS • FURNITURE
RAC Rent-A-Centre
rentacentre.ca • 800.915.0115

*Offer good while supplies last and cannot be combined with any other promotion. Advertised rental rates and terms are for new merchandise. Prices not valid outside Canada. Advertised rates begin 3/18/13 and end 4/6/13. Product availability may vary by store. You will not own the merchandise until the total amount necessary to acquire ownership is paid in full or you exercise your early purchase option. Ownership is optional. See Store Manager for complete details. **To restart an agreement on a returned product, Rent-A-Centre will retain your payment records for two years. Thereafter, simply bring in your last payment receipt for reinstatement. Delivery and set-up are included and RAC services and maintains the merchandise while on rent. Set-up does not include connection of gas appliances. Trademarks, registered trademarks and/or service marks, indicated or otherwise, are the properties of their respective owners.
CAN-132031_1303_WILMEF-B

Holy meets high-tech at the Pontificium Consilium de Communicationibus Socialibus

Vatican City. Metro gets an exclusive look behind the scenes at the Pope's social media office

ELISABETH BRAW
Metro World News in Vatican City

As I walk into his office, Paul Tighe is on the phone with Apple regarding The Pope App. Yes, this is the Pope's social media office.

And Monsignor Tighe's operation would put any newspaper to shame. In the office next to his, a team tweets, adds content to the news portal news.va, uploads photos to Flickr, fine tunes The Pope App (for Android and Apple devices) and monitors livestream video.

"We have the Habemus Papam tweet ready to be sent out," Miguel Chavarra, a young Spaniard, tells me. Sure enough, the very same evening, as soon as a cardinal has announced the magic words that make Jorge Mario Bergoglio Pope Francis, the tweet goes out.

Quoted

"Jesus went into the marketplace and preached the Gospel. Digital media is the new marketplace. We can't be afraid to go there."

Monsignor Paul Tighe, head of the Pope's social media operations

"Today's news model is short news and lots of images, and that's good for the church," explains Tighe, an Irish priest who's been in charge of the Pope's social media operations — formally known as Pontificium Consilium de Communicationibus Socialibus — for the past five years.

"The church has always been very visual, and communications is like theatre. Just think of all the people waiting to see the black and white smoke." Indeed, as soon as the white smoke emerged, millions of people had tweeted and retweeted the news.

This screen grab shows the Vatican's English language Facebook page. FACEBOOK

Tighe's headquarters on Via della Conciliazione, in front of St. Peter's Square in Rome, illustrates the ironies of running the high-tech division of a millennia-old organization: It has a Latin name, but operates in Silicon Valley-speak.

The mostly young staff, including several interns, of about 30 work on state-of-the art computers in offices decorated with the ubiquitous pictures of the Virgin Mary.

In fact, the otherwise conservative Vatican embraced social media early on. "The people who listen to us can bring the information to a wider audience," says Tighe.

"We've made mistakes while adopting to social media. One of the biggest ones was to underestimate the dynamic and interactive nature of social media. One of our earlier forays was initially very successful but grew static because we didn't update enough. But we've learned."

Where to find the Pope

- **Web:** news.va
- **Twitter:** @Pontifex (Pope); @news_va_en (Vatican)
- **Facebook:** facebook.com/news.va, in different languages
- **iPhone, Android:** The Pope App (free)
- **Flickr:** flickr.com/photos/newsva

Home or away, the goal is the same:
RECYCLE ALL YOUR EMPTY BEVERAGE CONTAINERS
You can recycle every kind of beverage container: juice boxes, cartons, cans, plastic and glass bottles. Step up and recycle everything you can.
Winnipeg Jets Defenseman, #44, Zach Bogosian
Recycle Everywhere is a proud partner of the Winnipeg Jets
RECYCLE EVERY WHERE
For more information, visit www.RecycleEverywhere.ca

THIS AIN'T AS WARM AS BRISBANE

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

The average daily temperature in Brisbane, Australia, in March is around 27 C. While I'm writing this, the temperature with the windchill in Winnipeg is -33 C.

So what was Matt Sutton thinking when he left a job at one of Brisbane's top radio stations a few weeks ago, packed his bags and moved halfway around the world to lead the morning show at relatively new local station 99.1 Fresh FM?

"I backpacked across Canada a few years ago and spent three or four days in Winnipeg," said the 31-year-old Aussie native. "It was one of the places that really stood out for me. I was reading my travel diary before I came here and I wrote that I would love to come back to Winnipeg for an extended stay at some time so I jumped at the chance when it came up."

Sutton explains that after a few years working in Brisbane, he decided he needed a new challenge. And in typical Australian style, that took him about as far away from home as he could get.

Sutton's hiring is also a bit of an adventure in programming for Fresh FM, as it's not common to hear anyone with an accent on Winnipeg radio outside of multilingual station CKJS and the occasional late-night broadcast on CBC.

However, his boss, Fresh FM program director Matt Cundill, says it's actually a growing trend at stations across Canada to feature talent from other countries.

"The web and podcasting and YouTube have changed everything," he says. "Places like Australia just don't seem that far away anymore. So why can't you have a great performer come from somewhere else and be a part of the community right away?"

While Sutton knows the accent might draw in some curious listeners at first, he wants to be known as more than "the guy with the funny accent on the radio."

"At the end of the day, it's about being relatable and building a connection with Winnipeg," he says.

That's why Sutton's co-host Jennifer David has been putting him through a crash course on becoming a local. The "Make Matt a Winnipegger" series has already had him try skating, skiing, shovelling snow and tobogganing.

He's also been to a Jets game and indulged in a lot of local favourite foods, from Blondie's burgers to poutine.

"It's fun for people to laugh at the crazy Australian who's trying to skate or ski or order food he's never heard of before," he says.

"It has actually rejuvenated my own love for the city, because I get to see it again through Matt's eyes," adds David.

Sutton hopes to cap off the series by meeting the mayor.

"I'd love to get the key to the city. Is that something they do here?" he asks.

Do we give out keys to the city? Oh Matt ... you've still got a lot to learn about the city of Winnipeg.

Read more of Colin's columns at metronews.ca/voices

ZOOM

A cool way to say goodbye to winter

DENIS TYRIN/THE ASSOCIATED PRESS

Ice castle gets demolished

People storm a snow castle during celebrations of Maslenitsa, or Shrovetide, outside Marfino village, some 52 kilometres north of Moscow, on Sunday.

Maslenitsa is a traditional Russian holiday marking the end of winter that dates back to pagan times. THE ASSOCIATED PRESS

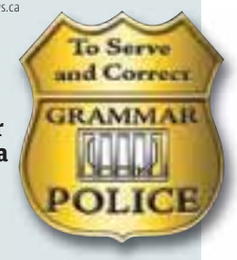
Pagan tradition a popular one

Celebrations include making pancakes (the pagan symbol of the sun), carnivals and the burning of scarecrows.

Despite the tradition's pagan roots, it has been integrated into the Orthodox calendar and survived the advent of Christianity and the Communist era that banned religions. THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca



Woe to those who send tweets with a reckless disregard for grammar, because out there lurks a vigilant army of Twitter bots, each devoted to catching a common error and quick to publicly shame with a retweeted rebuke. A sampling:

Your in America Bot (@yourinamerica)

Fun fact about people who don't know the difference between your and you're, yet still consider it their place to tell others how to speak, eat and behave when "your in America": they don't like being corrected either.

Stealth Mountain (@StealthMountain)

A personal favourite, Stealth Mountain's watchful eye has plenty of scorn for those who confuse sneak peek with "sneak peak."

CapsCop (@CapsCop)

"Looks like someone forgot the combination to their caps lock," and "On Twitter no one can hear you scream," are among the supply of chides CapsCop has for those who prefer to express their anger LIKE THIS.

Letters

RE: Horse as the Main Course, published March 4

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

This quote, attributed to Gandhi, illustrates the progress Canada could make if it took a more innovative and humane approach to the slaughter of meat animals by world standards.

We are known for peacekeeping; what about the end-of-life treatment of our meat horses? What about a more peaceful death? Horses require special end-of-life management; they are not cows but rather are a prey animal and as such have heightened awareness.

Canada needs slaughter plants that are set up specifically for horses — tough job. Horses smell fear, smell blood, hear alarm vocalization and will jerk and throw themselves around to escape danger. Slaughter houses are not quiet. Special floors cut down on hazards but slippery conditions cause horse falls and injuries. Slaughtering horses is dangerous for the human handlers. Horses will struggle and flip themselves to get away.

Canada can be the world leader in innovative horse slaughter practices and then, in good conscience, ship overseas.

Marielee Wolfe, Calgary, Alta.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • **Fax:** 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

What has happened to Renton and crew in the last 20 years? HANDOUT

Trainspotting, all grown up

Sequel in the works. Director Danny Boyle confirms a draft of a script has already been completed, film hinges on original actors coming on board

NED EHRBAR
Metro World News in Hollywood

Those rumours about plans for a Trainspotting sequel are true, and there's already a draft of the script done, director Danny Boyle confirms. "These guys who in their early 20s as characters took enormous risks with their selves, with their bodies — what you can ingest, what you get away with at that age — what's it like when you hit your 40s, when you begin to creak and osteoarthritis begins to set in?" Boyle says. "I think it will be doubly reflective because the actors will have aged — you'll be looking at them 20 years older — the characters will be locked, presumably, inside their world still in Edinburgh in some way, and the audience of course will also be older. You'll go, 'Wow, what happen to that 20 years? Where did that go?'"

Novelist Irvine Welsh published a follow-up to the original novel in 2002 called Porno, though it's unclear if Boyle's film would have anything to do with that book. But original screenwriter and frequent Boyle collaborator John Hodge is already on board. "John will write it," Boyle says. "John's done an early draft. He's done a kind of exploratory draft on it, so we're starting to work on it."

But there is one major hurdle to the sequel going forward, as far as Boyle is concerned, and that's getting original stars Ewan McGregor, Jonny Lee Miller, Ewen Bremner and Robert Carlyle back together. "We haven't (secured anyone yet)," Boyle says. "I mean, we have to get the script right, because they will only do it if they think the script's good enough, I think. A few of them will obviously think, 'I shouldn't do that. If it's going to be disappointing, it would be really bad.' And they'll each make their own individual decisions. I think we won't do it unless we can get them all."

Director Danny Boyle says one major hurdle is getting the original actors on board. GETTY

WPG COMEDY FESTIVAL
APRIL 4-14/2013
VISIT clubmetro.com TO ENTER
REGISTER AT CLUBMETRO FOR YOUR CHANCE TO WIN*
WINNIPEG COMEDY FESTIVAL TICKETS
*CONTEST RUNS FROM MARCH 13 - 27, 2013. SOME RESTRICTIONS APPLY.
ENTER TODAY AT CLUBMETRO.COM
COMEDY THAT'S PERFECTLY BAKED
TICKETS AVAILABLE AT WWW.WINNIPEGCOMEDYFESTIVAL.COM
OR CALL TICKETMASTER 855 985 5000
No purchase necessary. Contest open to residents of the Greater Winnipeg Area, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. 1 Grand Prize is available to be won, consisting of a "WEEK PASS FOR TWO" (King of Kings Head - Monday, Comedy Aces - Tuesday, Winnipeg Show - Wednesday, Coming Out Swinging - Thursday, Super Gala - Friday, Both Gailas - Saturday, Best of the Fest - Sunday) 6 secondary prizes are available to be won, consisting of: 2 tickets to "It's My Show" - 3 winners & "XM" - 3 winners. Skill testing question required. Contest closes March 27, 2013 at 12:59PM EST.
To enter and for complete contest rules visit www.clubmetro.com

FROM STEPHENIE MEYER THE AUTHOR OF THE TWILIGHT SAGA
CHOOSE TO BELIEVE.
CHOOSE TO FIGHT. CHOOSE TO LOVE.
THE HOST
WRITTEN FOR THE SCREEN AND DIRECTED BY ANDREW NICCOL
03.29.13
You could WIN
a pass for two to a special advance screening of
THE HOST
In Theatres March 29
One lucky winner will also take home a copy of THE HOST novel signed by Stephenie Meyer!
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrowinnipeg

Miley Cyrus

Don't jump to conclusions: Miley's ring was getting repaired

Miley Cyrus has an explanation for why she was spotted without her engagement ring recently amid rumours of trouble between her and fiancé Liam Hemsworth. The ring was off getting repaired. Cyrus responded to a friend on Twitter recently who was complaining about having to get her own engagement ring repaired, adding, "That's the worst! I just had a similar situation except when it happens to me then everyone says my wedding is off."

Danny DeVito and Rhea Perlman back together?

For once, some good news in the world of celebrity relationships: Danny DeVito and Rhea Perlman are reportedly back together after separating last fall, according to People magazine.

"They love each other," a friend of the couple says. "Always have and always will." Their split stunned Hollywood, as the couple had been married for 30 years at the time of their split.

Danny DeVito and Rhea Perlman

Twitter

@EmWatson
Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life.

@jason_mrazc
Anybody got access to a kuala bear? Looking for a hug.

@Sethrogen
Call me crazy, but I prefer "Wrath of the Titans" over "Clash of the Titans."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Swift didn't get her mail and everyone else just got hacked

STARGAZING
Malene Arpe
scene@metronews.ca

Matt Damon, John Goodman, George Clooney and Bill Murray go to dinner together. That explains the in-depth comments about independent movies as well as the wry witticisms.

Josh Brolin, Benicio del Toro, Bradley Cooper and Michael Fassbender go bar-hopping together. That explains the trail of broken hearts, haphazardly dropped frilly undergarments and grease repellent.

This week in cancelling and quitting. 1) Rihanna cancels a couple of concerts due to laryngitis. 2) Vince Neil drops out of a Motley Crue concert due to kidney stones. 3) Emma Watson quits the Cinderella movie. 4) Justin Bieber cancels one of two Portugal shows due to lacklustre ticket sales.

A number of celebrities, including Beyoncé, Britney Spears, Donald Trump, Ashton Kutcher, Mel Gibson and Paris Hilton, have had their personal financial information hacked and posted on the web. "OMG!" says Paris Hilton. "I knew it! I'm still a celebrity!"

Sean Lowe, who is fresh off the Bachelor, will be competing on the new season of Dancing With The Stars. It's good to know that he has his priorities in order and that they definitely don't include spending time with the woman he'll never marry.

Jennifer Aniston's rep denies a story that Jennifer and Justin will be married in Hawaii really soon. But did the rep deny the story that they'll be married by a warlock in the middle of a cheese pyramid? No, I think not.

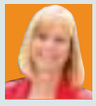
Ryan Lochte and Carmen Electra are dating. They have a lot in common because he's a swimmer and she once wore a swim suit on Baywatch.

Corerekshon. When we reported that a pile of unopened Taylor Swift fan mail was found in a Nashville recycling bin we meant to add that Taylor Swift is never, ever getting back to you.

ENERGY 106
SAY IT AND WIN
WINNIPEG'S NEW #1 HIT MUSIC STATION
ENERGY106.ca
LISTEN TO ENERGY106 EVERYDAY @ 8:00AM, 12:00PM, AND 4:00PM
ALL YOU HAVE TO DO IS SAY ENERGY106 AS MANY TIMES AS YOU CAN IN 10 SECONDS!
YOU CAN WIN TICKETS TO SEE BRUNO MARS

Travel tidbit

Get on the bus



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

When visiting a new city, one of the best ways to get to know it quickly is via one of the oldest travel institutions: the tour bus.

I've taken tour buses all over, including New York City, London (England) and most recently, Philadelphia. All of them operate on the same basic premise: to get you to as many local attractions as they can, while providing you with historical facts (and usually a few laughs) along the way with an experienced tour guide. In Philadelphia, for example, the Big Bus Tour was a double decker bus that travelled to the Liberty Bell, Benjamin Franklin's burial site, Independence Hall, even the Philadelphia Museum of Art for a run up the famous Rocky steps.

Most tour companies will offer a "hop on, hop off" option, allowing passengers to get off at prescribed stops near monuments, attractions, etc., spend as much time as they want and simply get on the next bus.

Many tour companies also have packages that include discounted tickets, and sometimes VIP lines for the attractions where they stop. For families travelling with little children and their equally little legs, this is an easy way to absorb a city. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

Apparently getting a Soho House membership is child's play vs. snagging you a spot in the toddler room at Alphabet Academy. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Is it time for a toddler bed?

Sleep routine. One sleep expert shares her advice for making the transition as painless as possible for you and your big boy or girl

NATALIE SHURE
Metro World News in New York

Easing your child through the transition from sleeping in a crib to a new bed doesn't need to be a nightmare.

Child sleep consultant Amy Lage has made a career out of helping families best approach this crucial moment in a toddler's life.

If your child cannot stay in a crib safely any longer (for example, your little monkey is making a great escape every night to crawl into bed with you) or is asking for a toddler bed, it might be time for Lage's advice.

One expert says age three is a great time to transition kids from cribs to beds. ISTOCK

Why is the transition from crib to bed so important?
We want to make sure that the entire family is getting as much sleep as possible, and that your children are well-rested. To avoid those middle-of-the-night wake-ups, it's important to set the tone and do it right the first time. It keeps everybody on track.

Your suggestion of letting a child pick out new sheets or a bed frame is an interesting idea. Do kids find this exciting?
Yes! Children are always a little nervous about the change. This makes them feel in control of the situation, which is so important for toddlers. They are so often grasping for control in their lives.

What sparked your interest in this topic? Did you have trouble transitioning your children?
I have a two-year-old and a two-month-old. The older one is actually still in her crib, and will stay until she asks to switch. In the sleep community, we really think it's important to keep children in their crib until they are really ready. I'm a big believer in waiting until three if you can.

Why is three the number?
At three, you can reason with them. Before that, most kids really can't comprehend guidelines or why it is important to follow directions. Until they can understand and recognize boundaries, it is so much easier to keep them in the crib, where they can have the best sleep.

Get organized just in time for spring cleaning

With spring making its debut on Wednesday, it's time to get your kids' rooms in shape.

Here are some experts' tips on arranging your child's bedroom in ways that will simplify life.

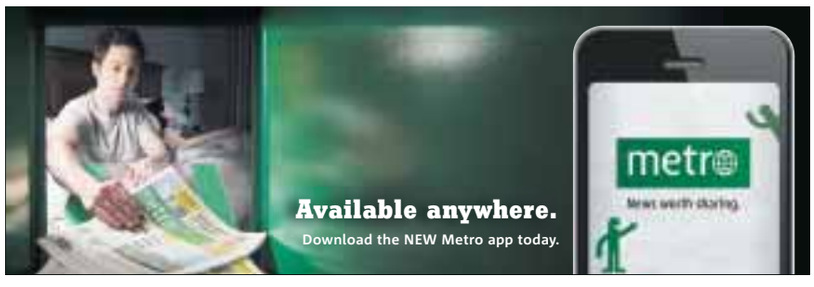
Get them excited
No need for full-scale redecorating. An offer to rearrange items and perhaps add a few new ones will probably get your child excited enough to help shape up her space. "Try to make it fun," says Kathryn Bechen, author of Small Space Organizing: A Room-by-Room Guide to Maximizing Your Space (Revell, 2012).. "Take one whole Saturday or Sunday for the whole family to work on it."

Pare down
Donna Smallin, author and creator of unclutter.com, suggests having kids help haul everything they own into the hallway outside their room.

When the room is empty, have them bring back in only their favourite or most necessary things. When all the necessities are back in, start discussing what might be good to give away, sell or box up for storing. Reassure the child that items in storage can always come out again later.

Use the walls
Kids are more likely to use hooks than hangers. So add lots of colourful hooks at your child's level — not just one or two, but a whole row — to store hoodies, jackets and even pants. THE ASSOCIATED PRESS

Implicit Price Match +* Guaranteed
See what you've been missing
Your vision is precious and priceless, keep it that way for life after Lasik from Eyetech
• More procedures • More choices
• Most experienced Lasik surgeon in Manitoba
BOOK YOUR FREE CONSULTATION TODAY!
*Some restrictions apply.
204-946-5595
250 Portage Ave.
www.eyetechlasik.com
Eyetech LASIK clinic



Give your Eggs Benedict a makeover with asparagus

Adding asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals.

Fibre is also an essential nutrient. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Fibre helps you maintain a healthy weight as it keeps you feeling full longer.

This Eggs Benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh produce.

This recipe serves six. NEWS CANADA

Ingredients

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 1 tbsp (15 ml) white vinegar
- 6 eggs
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- 6 slices Dempster's WholeGrains 100% Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- Salt and pepper

1. Cook hollandaise sauce according to package directions. Keep warm.

2. Blanch asparagus in boiling water until tender crisp, about 2-3 minutes. Set aside.

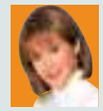
3. Bring pot of water to boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added, cook until desired doneness, about 3 minutes for medium poached. Remove eggs from pot with a slotted spoon.

4. Place 2 slices of peameal bacon on each slice of toast, top with slice of cheese, layer of blanched asparagus and a poached egg. Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

NEWS CANADA/ NATURALLYDEMPSTERS.CA.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

Nothing beats comfort food. The Jack Astor's chain of restaurants does it well, but be careful where you find your comfort.

Jack Astor's Chicken BLT Poutine

1,115 calories / 68 g fat
Fries, garlic mayo and bacon in this version make up three quarters of your daily calories and fat.

Equivalent

One Jack Astor's Chicken BLT Poutine is equal in calories to 23 chicken wings.

Jack Astor's Le Montreal Special with mashed potatoes

686 calories / 25.9 g fat
This corned beef sandwich with potatoes has close to half the calories and a third of the fat of the poutine.

Raisin Pecan Sticky Toast: A sweet start

Surprise everyone at the breakfast table by offering up something a little bit sweeter with this Raisin Pecan Sticky Toast. Not only is it delicious, but it's also simple to make.

This recipe serves four. SUN-MAID

Ingredients

Prep time: 5 minutes
Bake time: 17 minutes

- 4 Slices Sun-Maid Raisin Cinnamon Swirl Bread
- 3 tbsp (45 ml) butter melted
- 3 tbsp (45 ml) packed brown sugar
- 1 1/2 tbsp (22 ml) honey
- 1/4 cup (60 ml) chopped pecans

Orange Glaze (optional)

- 3 tbsp (45 ml) powdered sugar
- 1-2 tsp (5-10 ml) orange juice

1. Heat oven to 425 F. Place raisin bread on a parchment paper lined baking sheet.

2. Combine butter, brown sugar, honey and pecans. Divide this nut mixture evenly between bread slices.

3. Bake 5 to 6 minutes or until top is bubbly and edges toasted. Cool on a wire rack 5 minutes.

4. Stir together powdered sugar and orange juice until smooth. Drizzle over toast, if desired.

5. Serve slices whole or cut into triangles, squares or fingers for snacks.

SUN-MAID

BREAKFAST • LUNCH • CATERING
What's on the menu?
"You have to try it. Anne Aka Carla will make you feel right at home. You may think you are at cheers."
-Urbanspoon review
"Great deli highly recommended for lunch or breakfast."
-Urbanspoon review
NATHAN DETROIT'S
Sandwich Pad
Richardson Centre Concourse
(204) 943-1034

Take a bite out of the job hunt jitters by prepping for interview questions. ISTOCK

No loose cannons need apply and other interview tips

Job search. Was that a candid career query or a trick of the trade?

KELLY PUTTER
CareerBear.com

Interview questions are often a mix of simple, straightforward experience inquiries and trickier ones designed to get a sense of your attitude, personality and work style.

The following questions get trotted out regularly so you should have a response at the ready, recommends Heather McNab, a job interview guru and author of What Top Professionals Need to Know About Answering Job Interview Questions.

Where do you see yourself in five years?
Your response to this question should be general because if you make it too specific that might lock you into goals the organization can't deliver on. And, definitely don't go in for the kill, says McNab, by saying you want to be director in two years. That could be viewed as negative. Instead, tell the interviewer you enjoy forward movement and discuss courses and professional development you've undertaken or plan to take that might pave the way. Suggest that you are also open to lateral moves within the organization because that's a great way to learn the ropes.

What are your greatest strengths?
Focus on the strengths that meet the needs of the hiring organization — with concrete examples. In order to answer this one well and talk about strengths that will solve their problems, you really need to understand the organization, so make sure you do your homework before the interview. "The job description will highlight what they're looking for," says McNab. "It's like the menu and these are all the ingredients for the job candidate ... you want to prove you have each of these ingredients."

What would you change about our company?
Don't say precisely what you would change because you might get it wrong without knowing the company from the inside out. Instead, talk about how you would identify what you'd change. This gives broad strokes about what you'd do in your first 30 days. It also shows them your problem identification skills and how you zero in on opportunities. Say things such as: "I never like to reinvent the wheel" or "I just like to make it work better." These types of statements give the impression that you're not wasteful or a loose cannon. "In a tight economy, that's a good thing to say in most companies," McNab says.

Share your shortcomings

Tell us about a weakness?

- What they're really doing with this one is determining if you're forthright and honest about your flaws
- This shows potential employers your level of self-awareness and emotional intelligence. Give honest answers. "Don't say I work too hard," says McNab. "They won't buy it. They want proof you're human."
- One good way to answer this question is to pick a weakness that you overcame earlier in your career. Be sure to identify the positive results that happened after you took steps to conquer it.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

WINNIPEG TECHNICAL COLLEGE
MotoSport
Gain employment as a service technician in this exciting and growing field!
Service & repair motorcycles, snowmobiles, watercraft and all-terrain vehicles, marine and outboard engines!
• Apprenticeship Accredited • Hands-on training & work practicum • 10-month program
wtc.mb.ca 204.989.6500
REGISTER NOW!

Oh what a wonderful workplace: When happiness is getting hired

Staff satisfaction.
A free cup of coffee isn't always the way to make employees love coming to their cubicle

JULIA WEST
Metro World News

Fortune recently released a list of the top 100 companies to work for.

At the top of the list was Google, followed by the analytic software company SAS and CHG Healthcare Services in Salt Lake City.

Each organization varies greatly in size and product, yet they are all developing a positive, successful environment. Looking closer, it appears these companies are doing many of the same things right.

Fun and freedom are a common thread for the companies on Fortune's list.

"If it isn't fun, no one is going to be there for very long. Team outings, ping pong tournaments — whatever fits your culture — create opportunities to laugh and to see each other outside of just your day-to-day professional titles," explains Nick Worswick, corporate vice-president and general manager at Seamless.com.

CHG Healthcare, number three on the list, keeps things lively with employee talent shows and trivia tournaments.

Casual get-togethers and friendly competition often aid in talent recognition and team-building.

These tactics keep employees happy, which is vital in the hospitality business. Coming in at number 28 on Fortune's list was Kimpton Hotels & Restaurants, owners of Philadelphia's Hotel Palomar and Hotel Monaco.

What would you prefer? A manager who made sure to listen to your every idea or a waterslide that led to your next meeting? ISTOCK

"At Kimpton, fostering a culture of care with a focus on fun has proven to be a recipe for success," explains Mike Depatie, CEO, Kimpton Hotels & Restaurants.

"Our employees are our brand, which is why we place an incredible amount of emphasis on making them feel their best at work."

Employee perks

It's safe to say we all want work to be fun, but fun isn't the only thing that makes for happy employees.

- "While perks like free cappuccino, rock-climbing walls and nap rooms are very nice, they remain perks," says Doug Claffey, CEO of employee-survey company Workplace Dynamics
- "What we have found is that while these benefits are nice to have, they don't drive true employee satisfaction."
- According to a 2012 Workplace Dynamics survey of 1.7 million workers, people most desire the chance to be heard as well as a "visionary and inspirational leader that employees are confident in."
- It probably doesn't hurt, though, if that leader wants to put in a foosball table.

Download Canada's top rated newspaper app today
"I love this app, it keeps me up to date with what's going on in the city and around the world."
– NB
SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.
metro

Gain the skills Winnipeg Employers Want!
Network Engineering Program. Get MCSA Server 2008 Certified.
why Robertson?
STUDENT LAPTOP PROGRAM
CONVENIENT START TIMES
HANDS-ON LEARNING
CAREER SERVICES
FINANCIAL AID TO THOSE WHO QUALIFY
BE PREPARED TO CHALLENGE THE MCSA, COMPTIA A+ & CCNA CERTIFICATIONS
scan QR code for more info!
classes start in April!
204.800.7933
www.robertsoncollege.com
ROBERTSON COLLEGE

Senators goalie Robin Lehner makes a pad save on Jets forward Evander Kane during the third period Sunday night in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

Jets come crashing back down to earth

NHL. Ottawa snaps Winnipeg's three-game winning streak with rare multi-goal outing

There was a sense of celebration in the Ottawa Senators dressing room Sunday night and it was about more than just a 4-1 win over the Winnipeg Jets.

The win allowed the Senators to put an end to their 11-game streak of one-goal games.

"It was nice not being a one-goal game for once," said Ottawa's Kyle Turris, who scored his eighth of the season. "We played our game and finished strong."

Jakob Silfverberg led the way with two goals, and Guillaume Latendresse picked up his second of the year for the Senators (15-8-6), who got 25 saves from Robin Lehner.

Zach Bogosian scored the lone goal for Winnipeg (15-12-2), while Ondrej Pavelec faced 42 shots.

The loss put an end to the Jets' three-game winning streak.

"It wasn't our best game that's for sure," said Pavelec. "They came in hard on us and I think they were a better team."

Trailing 2-0 heading into the third the Jets beat Lehner at 3:26 as Bogosian's shot from just inside the blue-line made it through traffic.

Evander Kane had a great chance to tie the game midway through the period on a 2-on-1, but was robbed by Lehner.

"We've seen a lot of good things from Robin, but maybe Lehner's Irish," joked Senators coach Paul MacLean. "He was outstanding tonight. The difference in the game was Robin."

Ottawa had a scare when Winnipeg's Dustin Byfuglien knocked Lehner down and he needed a few moments before getting back up.

Minutes later the Senators made it 3-1 with a power-play goal by Turris and 75 seconds later Silfverberg scored his second of the game.

THE CANADIAN PRESS

On Sunday

Senators	Jets
4	1

NHL

Key injuries fail to slow down Pens

Sidney Crosby scored his 13th goal, Joe Vitale added his first in more than a year and Tomas Vokoun stopped 31 shots as the Penguins beat the Boston Bruins 2-1 on Sunday for their ninth straight win.

The Penguins moved into the top spot in the Eastern Conference even without reigning NHL MVP Evgeni Malkin — who missed his fifth consecutive game — and played the final two periods without the league's top-scoring defenceman Kris Letang, who didn't return after the first intermission following a seemingly innocuous collision with Boston's Brad Marchand.

THE ASSOCIATED PRESS

Penguin Sidney Crosby takes a stick to the face while battling Bruin Johnny Boychuk. GENE J. PUSKAR/THE ASSOCIATED PRESS

NBA

Heat keep streak alive in Toronto

LeBron James had 22 points, 12 rebounds and eight assists as the Miami Heat extended their record winning-streak to 22 games with a 108-91 win over the Toronto Raptors on Sunday afternoon.

Miami (51-14) matched the 2007-08 Houston Rockets at 22 and now trail just the 1971-72 Los Angeles Lakers (33). THE CANADIAN PRESS

GSP flirts with perfection in Montreal

Georges St-Pierre grapples with Nick Diaz on Saturday night in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

The Georges St-Pierre legacy grows, with another battered body in the UFC welterweight champion's wake.

The latest victim is Nick Diaz, who lost a lopsided five-rounder at UFC 158 before 20,145 at Montreal's Bell Centre on Saturday night.

"He fought the perfect fight," UFC president Dana White said of St-Pierre.

All three judges scored it 50-45 for the champion, awarding him all five rounds.

St-Pierre's 11th straight win adds to his glittering pedigree. The 31-year-old from Montreal has not lost in almost six years, since UFC 69 in April 2007.

St-Pierre (24-2) celebrated his eighth straight successful UFC title defence, second only to middleweight champion Anderson Silva's 10. He also tied Silva with most championship fight wins (11).

The Canadian also moved into second place in most championship fights (13). And he now holds the UFC record for most championship rounds at 47, surpassing Randy "The Natural" Couture's 44. THE CANADIAN PRESS

Quoted

"You know what, I've never paid taxes in my life, I'm probably going to go to jail."

Nick Diaz making a bizarre admission after losing to Georges St-Pierre in the main event of UFC 158 on Saturday night.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
It may annoy you that you have to explain to others how to do something yet again but some people will be slow in mind as well as body today. Be patient. It will be appreciated – and more effective in the long-term.

♉ Taurus
April 21 - May 21
If there is something you feel you have to say then say it immediately. The longer you leave it the more controversy there will be when your words do finally come out. It's an important issue, so speak up.

♊ Gemini
May 22 - June 21
The things you want seem to be coming to you without much of an effort, which is nice, but think how much more you might achieve if you did put yourself out a bit. The world is yours – if you want it.

♋ Cancer
June 22 - July 23
For some reason various people have got it into their heads that you are a bit of a cold fish. Act with compassion and they will see you in a new light. Act as if you don't care and it will confirm their beliefs.

♌ Leo
July 24 - Aug. 23
However gloomy your current situation may be it WILL have a happy ending. That may not seem likely right now but before the day is over you will see a glimmer of hope – that will soon be a glaring light.

♍ Virgo
Aug. 24 - Sept. 23
Once you start on a new course you won't be able to stop, so make sure it's what you really want to be doing. If you have any doubts you should back off a bit.

♎ Libra
Sept. 24 - Oct. 23
No sooner is one emergency dealt with than another comes hammering at your door. But that's okay, you will take it all in your stride. Your reputation as a fixer will improve in leaps and bounds today.

♏ Scorpio
Oct. 24 - Nov. 22
Happiness is nothing more than a state of mind, so think pleasant thoughts and most likely you will have a very pleasant day.

♐ Sagittarius
Nov. 23 - Dec. 21
Take what your heart tells you on trust today and don't worry about backing it up with facts and figures. You should know by now that if you back your hunches there is every chance they will pay off.

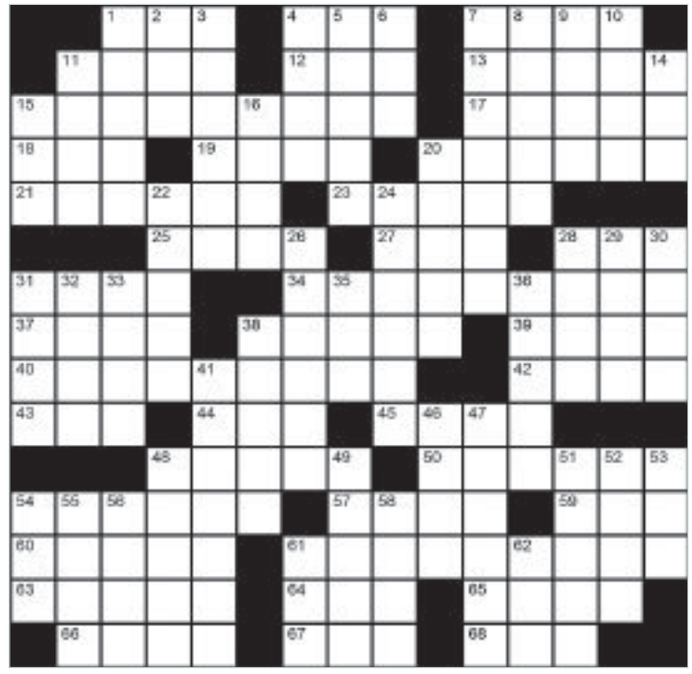
♑ Capricorn
Dec. 22 - Jan. 20
The more you worry the more you will give yourself something to worry about. Negative thoughts encourage negative events, so be positive at all times and believe that only good things will happen.

♒ Aquarius
Jan. 21 - Feb. 19
A friend or work colleague has a lot to say for themselves but if you analyze their words you will come to the conclusion that they are talking nonsense. Don't worry about their feelings: tell them what you think.

♓ Pisces
Feb. 20 - March 20
Push money and work worries to the back of your mind where they belong. Family and friendships are what you should be concentrating on. Is there someone you have not seen much of lately? **SALLY BROMPTON**

Crossword: Canada Across and Down

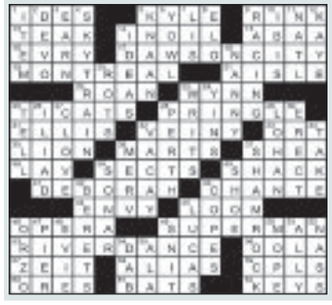
BY KELLY ANN BUCHANAN



Across
1. "Pulp Fiction" (1994) name
4. IV units
7. __ Lewis & The News
11. Comparison word
12. Particular plaints!
13. Beneath
15. New __
17. Boaster's retort: 2 wds.
18. 'Speed' suffix (More quick)
19. "__ & Grace"
20. CBC's "The Fifth __"
21. Like many a necklace
23. Representative
25. Fertilizer ingredient
27. 'Hallow' add-on
28. Philosophical†principle
31. Author, Earl __ Biggers
34. Quebec's Eastern __
37. Whizzes
38. Angelic
39. Butter substitute
40. Canadian pop/opera quartet: 2 wds.
42. The Himalayas, e.g.
43. Perfect
44. As well
45. Domesticated
48. Long-standing tiffs
50. American store replacing Zellers
54. Classical composer
57. __ & The Gang
59. Lyric poem
60. Mr. Cassidy (1970s heartthrob)
61. Like King Tut's remains
63. Shania Twain's "I'm __ Getcha Good"
64. Alcoholic beverage
65. U.S. state, for short
66. "Kiss from a Rose" singer
67. CNN's sister station
68. Unit of work

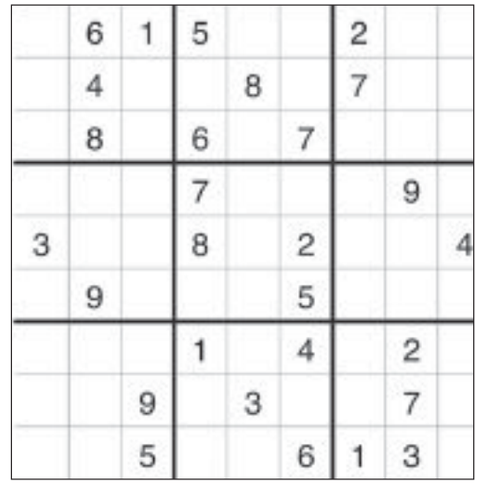
Down
1. "Star Trek" character
2. "I'm Your __" by Leonard Cohen
3. Barenaked Ladies' "Call and __"
4. Spring
5. Go by bike
6. Roughriders, on scoreboards
7. The Bay's back-to-roots name, __ Bay
8. Accord
9. Old Icelandic literary work
10. Beatles ballad, briefly
11. Forest fixture
14. __ v. Wade
15. Diner's shirt protector
16. Broad
20. Happening
22. Fred of Limp Bizkit
24. Most modern
26. Canadian author Margaret
28. Pinball infraction
29. "Does anyone have _ __?" (Notepad-holder's query)
30. Bears, in Barcelona
31. Info
32. Canyon feedback
33. Stench
35. Atop, in verse
36. Bart Simpson's dad
38. Anteater's nozzle
41. Jim Carrey movie, "__ Sunshine of the Spotless Mind" (2004)
46. Director Mr. Egoyan
47. Venom
48. Flora and __
49. Palaeontological find
51. Auctioneer's word with Once, Twice...
52. Shangri-la
53. Keanu's 'excellent' character
54. Food additive letters
55. Cries of surprise!
56. "Titanic" (1997) star Billy
58. Harbinger
61. __-jongg
62. 'F' in FWIW

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

6	2	3	7	9	5	8	1	4
1	8	7	4	3	2	6	9	5
4	5	9	1	8	6	7	2	3
8	4	1	5	7	9	2	3	6
3	6	5	2	1	8	4	7	9
9	7	2	3	6	4	5	8	1
5	1	4	9	2	7	3	6	8
2	9	6	8	4	3	1	5	7
7	3	8	6	5	1	9	4	2

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -10° MIN: -11°	MAX: -11° MIN: -19°	MAX: -14° MIN: -19°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

RBC Royal Bank

"How can I save up for an island getaway?"

RBC High Interest eSavings®
- Earn interest on every last loonie
- Save automatically with Save-Matic®
- Access your funds anytime

Visit rbc.com/save

Advice you can bank on™

®/™ Trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

ATTENTION! Canadians Still Buying U.S. REAL ESTATE at UP TO 70% OFF!

FREE SEMINAR

FREE SEMINAR

Canadian Investor and ... Best Selling Author

AS SEEN IN

PAUL M. HECHT

thestar.com | SUN | NATIONAL POST | THE VANCOUVER SUN | FINANCIAL POST | CALGARY HERALD | SUCCESS | Money MAGAZINE | realestate | ZOOMER

"Housing Prices Finally Hit Bottom" – Wall Street Journal 2013 "Time IS Running Out!"

CANADIANS CAN STILL TAKE ADVANTAGE OF THE U.S. MARKET!!!

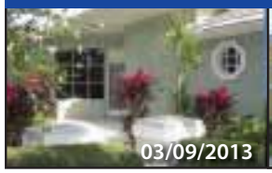
At this **FREE 2 HOUR SEMINAR,** you'll learn how Canadians can invest safely and successfully in the U.S. and still take advantage and capitalize in the current market. Unfortunately, time is running out on the **"Perfect Opportunity" for Canadians to Invest!!!** Low property prices, low interest rates and rental cash flow have all aligned for the first time in history to make this an opportunity Canadians can't afford to miss. Condos, houses, investment property, multi-family apartments, retirement, cash flow and equity opportunities! CANINVEST can show you how. CANINVEST is Canadians who have been in the U.S. markets for over 20 years helping other Canadians!

At this special **FREE 2 hour seminar,** you'll also learn how to find, understand, profit and create instant positive cash flow in the ***5 Hottest Discount Markets in America!!!*** Our experience and Strategic Alliances throughout the U.S. have created an incredible opportunity for Canadians. Unique financing, exclusive strategies and hidden inventory are just some of the benefits we provide our clients at **CANINVEST**. No experience required.

PAUL M. HECHT Investor, Best Selling Author & Canadian Real Estate Wealth Magazine's "Ask the Expert"

"I've been investing in real estate for 20 years and teaching other everyday Canadians how to do the same. This is one of the best opportunities I've seen. The CANINVEST team has everything you need."

Wall Street Journal 2013 – Inventory Levels are the Lowest in 7 years! Prices Still Up to 70% Off!



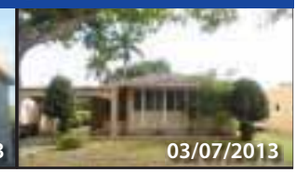
PALM CITY, FL
2 bed, 2 bath
On the Water
Sold in 2005 $157K
$19,000

FT. LAUDERDALE, FL
2 bed, 2 bath
Minutes to Ocean
2006 Value $217K
$27,900

ORLANDO, FL
3 bed, 2 bath
Minutes to Disney
2007 Value $172K
$27,900

PHOENIX, AZ
3 bed, 2 bath
Close to Downtown
Price Reduced
$29,000

LAS VEGAS, NV
3 bed, 1 bath
Close to Everything
2008 Value $180K
$34,900



W. PALM BEACH, FL
DUPLEX
A/C, Fully Rented,
Great Cash Flow
$35,000

"This is the missing piece to the puzzle" — John S, Calgary

"The information shared is priceless and has changed my future – THANKS!" — Teri E., Vancouver

"Do not buy U.S. Real Estate until you attend this." — Alan C., Edmonton

JOIN HUNDREDS OF OUR CLIENTS ALREADY INVESTING IN THE U.S. RIGHT NOW!

SEE HOW *YOU* CAN TAKE ADVANTAGE OF THIS OPPORTUNITY...BEFORE IT'S TOO LATE!

Call right now...

1-800-758-7696

FREE SEMINAR

or REGISTER ONLINE

www.CANINVESTseminar.com

WED MAR 20th	THURS MAR 21st	FRI MAR 22nd	SAT MAR 23rd
2pm & 7pm	2pm & 7pm	2pm & 7pm	11am & 4pm
Quality Inn and Suites	**Best Western Plus**	**Victoria Hotel and CC**	**Four Points Sheraton S**
635 Pembina Hwy	330 York Ave	1808 Wellington Ave	2935 Pembina Hwy
Winnipeg South	Downtown Winnipeg	Winnipeg Airport	South Winnipeg

LIMITED SEATING!

Bring this Coupon to the Event and receive a **FREE:** ***SECRETS to Investing in U.S.A. REAL ESTATE*** **E-Book**

GET FREE EBOOK JUST FOR ATTENDING!

THIS EVENT IS FREE AND EVERYONE IS WELCOME! HURRY... REGISTER NOW!

© 2013 CanInvest All Rights Reserved. No properties will be offered at seminar. Seminar is for education purposes only.